



# GROUP FITNESS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Zumba 7:30am - 8:30am		Zumba 7:30am - 8:30am	Solid Weight Training 8:30am- 9am	Zumba 7:30am - 8:30am	Cardio Step 8:45am - 9:45am
All Level Yoga 9am - 10am	Sit & Fit 9:30am - 10:30am	Water Aerobics 10:00am- 11:00am	Gentle Yoga 9:15am 10:30am	Chair Yoga 9am - 10am	Solid Weight Training 9:50am- 10:20am
Water Aerobics 10:00am-11:00am		Yoga for Sports 10:30am - 11:30am		Water Aerobics 10:00am-11:00am	Stretch 10:25am - 10:55am
	Cardio Step 3:45pm 4:30pm		Cardio Step 3:45pm - 4:30pm		
	Solid Weight Training 4:30pm- 5pm				

updated 3/2021

All classes limited to 15 people; except Sports for Yoga - limit of 13 people and Water Aerobics - limit of 30 people  
Reservation required. Reservations can be made as early as 48 hours in advance by calling the Wellness Center Front Desk at 386-236-4291  
For all Yoga classes, please bring your own mat. For Water Aerobics, please bring your own noodle and weights.

Fee-Based Classes Are Highlighted

## CLASS DESCRIPTION

All Level Yoga	Basic Yoga Postures & Positions to Strengthen Your Core & Stretch Muscles
Cardio Step/Low Impact	A Cardio-Vascular Workout Using the Step (60 mins on Sat)
Chair Yoga	Interactive Yoga Poses Performed In a Chair
Gentle Yoga	Gentle Postures to Release & Stretch Muscles
Sit and Fit	A Wonderful Session for those with Balance Issues - Includes Strength Training & Relaxation
Solid Weight Training	A Fun Free-Weight Resistance Workout set to Music
Stretch	Aimed to Relax & Increase Flexibility
Water Aerobics	A Low Impact Cardio-Vascular & Strength Training Workout in the Pool
Yoga for Sports	A Combination of Yoga Poses, Toning with Weights, and Stretches designed for athletes
Zumba	An Energetic Cardio-Vascular Workout using Various Dance Steps